



Addison!®

Accolade

A publication of the Town of Addison Recreation Department

March April May 2011
www.addisonathleticclub.com

In this issue:

Registration	1
Pacesetters	3 & 4
Fitness	5
Adult Programs	6
Kidscene	7 & 8
Aerobics	9
Personal Trainers	10
Around the Town	back page

Registration for classes

You may register for all classes beginning Monday, February 21, 2011. Spring session will run from Tuesday, March 1, 2011 through Tuesday, May 31, 2011. Please register in advance for all activities unless otherwise noted. For more information visit our website at: www.addisonathleticclub.com

Payments: Cash, credit cards, and checks are accepted during registration.

Waiting List: Residents interested in registering for a class that is full will be put on a waiting list. The waiting list does not guarantee a spot. Residents will be contacted as soon as a spot becomes available.

Class Cancellation: If a class is cancelled, staff will make every effort to contact residents registered for the class before the first day of class.

The Accolade

is published quarterly by the Town of Addison Recreation Department. Any questions, letters to the editor or other comments regarding this publication should be made to:

Recreation Manager's Office
Addison Athletic Club
P.O. Box 9010
Addison, Texas 75001-9010

Addison Athletic Club

3900 Beltway Drive 972-450-7048

Hours of Operation

Monday-Thursday	5:30 a.m. - 10:00 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	8:00 a.m. - 8:00 p.m.
Sunday	1:00 p.m. - 6:00 p.m.

Athletic Club Staff

Slade Strickland	Director of Parks and Recreation
Randy Rogers	Recreation Manager
Pat White	Recreation Supervisor
Deena Atkinson	Senior Programs Coordinator
Justin Pollard	Fitness Programs Coordinator
Michelle Holland	Childrens Programs Coordinator
Betsy Sterns	Division Secretary
Tom Brandt	Recreation Associate
Julian Guevara	Recreation Associate
Ketha Johnson	Recreation Associate
Cindy Baber	Recreation Associate
Maria Delgado	Recreation Associate
Darrell Carmon	Custodian
Raymond Wiley	Day Porter

So you will know...

April 24, 2011 - Easter Sunday the Club will open at 3 p.m.

May 30, 2011 - Memorial Day the outdoor pool will be open, but the Athletic Club will be closed.

Addison Recreation Department Mission Statement:

To offer and maintain for the Town's residents a wide array of recreation, health, fitness, and athletic programs at the Athletic Club.

ADULT HEALTH AND FITNESS FUN WEEK!

Take the "work" out of working out and find out just how fun fitness can be with this new and exciting program.

More information on page 5. For any questions call Justin Pollard at 972-450-7048

Easter Eggstravaganza

April 16th

Hunt begins at 10 a.m.

Les Lacs Park Pavillion
across street from Athletic Club

Rough Riders Baseball

Come watch the Frisco Rough Riders at the Dr Pepper Ballpark. This will be a non-stop entertainment night with the Frisco Rough Riders. We will also enjoy the firework display after the game.

Friday May 27 \$15

Fee includes ticket and transportation.

Food expenses are separate.

You may register for all classes beginning Monday, February 21, 2011. Spring session will run from Tuesday, March 1, 2011 through Tuesday, May 31, 2011. Please register in advance for all activities unless otherwise noted.

Pacesetters

Pacesetter's programs are for individuals 50 years old or older. For any questions about the programs, contact Deena Atkinson at 972-450-7048 or datkinson@addisontx.gov



BROOKHAVEN ACTIVE ADULT STUDENTS 50+

Come and join this group to find a variety of programs designed for adults 50 and older. Tuition waivers are available for those 65 years of age or older, with up to six credits free! You will find an opportunity to socialize, learn, and travel all in one place. For more information call Deborah Stephens at 972-860-4807, or email Deborah@dcccd.edu

4th ANNUAL "IN MY SPARE TIME" ART GALLERY

Enjoy our one week in-house art, craft and hobby exhibit where you can see a display of work completed by our 50 + residents. It's an opportunity to discover the talents and interests that make each of us unique and keep our lives in balance. "In My Spare Time" will showcase creative talents and interests of our residents. Come enjoy our 4th annual Addison art gallery experience. We want it all! Paintings, models, quilts, knitting and so on.... If you are interested please register at the front desk, fill out a registration form and return by Friday, April 1.

4/4-8	M-F	Free	1552.201
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LUNCH BUNCH

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!!! So, let's gather! I will pick the place and the date, but you must sign up and show up. We will meet at 11:30 a.m. each month at a different location. Kenny's Italian Kitchen-5100 Beltline, Suite 764

3/30	W	11:30 a.m.	1598.201
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Chaucers International Steakhouse-5080 Spectrum Dr. Spectrum Center

4/20	W	11:30 a.m.	1586.201
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Flavors Indian Restaurant-4101 Beltline Road

5/11	W	11:30 a.m.	1588.201
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DALLAS HISTORICAL SOCIETY -DALLAS HISTORICAL CITY TOUR

Climb aboard with historian and author Dr. Michael V. Hazel and explore the history of downtown Dallas. Learn about how the area has evolved over time and modern day developments, like the Arts District. We will stop and have lunch after the tour on your own.

5/5	Th	8:30 a.m.	\$15	1551.201
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ADDISON AIRPORT TOUR

Come tour the Addison Airport and see what it's all about. We will enjoy a nice lunch after the tour. Lunch will be on your own. Please sign up at the front desk for a spot on the bus.



Limited spaces available.

3/31	Th	9:30 a.m.	\$5	1554.201
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BROOKHAVEN TOUR AND LUNCH

We will meet at the Brookhaven College, 3939 Valley View Lane in front of the "S" building. The "S" building is located in the front of the college and is labeled. Come learn all about the college and what it has to offer seniors. Lunch included in fee.

3/16	W	10:45 a.m.	\$5	1556.201
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TRIP TO COLLEGE STATION AND BRENHAM

Take a trip with Heritage Tours to College Station and Brenham. The package will include transportation, snacks, one night stay in Brenham, breakfast, lunch, private tour of Brenham, private dinner with a cutting horse show at Nueces Canyon, lunch at Madden's, private tour of A&M campus, entrance and audio wand at Bush Museum, and a wine tasting at Pleasant Hill Winery. Sign up at the front desk. \$345 per person double/ \$395 per person single

4/12-13	TuW	7:30 a.m.		1503.201
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GREENLINE DART TRAINING AND LUNCH DOWNTOWN

Need to go to Dallas but don't want to drive? The answer is the DART Rail System. Come learn how to use DART with us. We will ride the "NEW" DART Green Line train to Dallas and have lunch together and then ride back. Come be green. Please sign up and we will meet at the new DART station on Beltline Road and I35. Everyone will purchase their own tickets and lunch.

4/21	Th	10 a.m.	1557.201
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FRISCO ROUGH RIDERS BASEBALL GAME

Come watch the Frisco Rough Riders at the Dr Pepper Ballpark. This will be a non-stop entertainment night with the Frisco Rough Riders. Enjoy a free ball cap! Also enjoy a fireworks display after the game. Transportation will be provided.

5/27	F	5:45 p.m.	\$15	1553.201
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SENIOR APPRECIATION PANCAKE BREAKFAST

Take time out and enjoy a pancake breakfast prepared personally by the Addison Athletic Club staff. Bring all your friends and meet new ones during this wonderful time that is specifically planned for our seniors. Please register at the front desk for your spot!

3/24	Th	8-10 a.m.	Free	1509.201
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DUNN BROS COFFEE CLUB

Once a month come to Dunn Bros Coffee House and learn about your town. We will have a special guest to introduce to the group each month. Can't wait to see you there!

Dunn Bros Coffee Shop-3725 Beltline Road

3/2	W	10:30 a.m.	
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4/6	W	10:30 a.m.	
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5/4	W	10:30 a.m.	
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BIRTHDAY BASH OF THE MONTH

Everyone loves birthday parties! Come celebrate all the spring birthdays in the multi-purpose room. Cake will be served and if anyone wants to bring extra goodies that would be great! If your birthday is in March, April or May come and celebrate! Everyone is invited. It's going to be a party!

3/18	F	10:30 a.m.	Free
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4/8	F	10:30 a.m.	Free
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5/13	F	10:30 a.m.	Free
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Wii WEDNESDAY

Come enjoy a game of Wii bowling with a hand held controller that requires you to move as you would during a normal game of bowling. Come laugh, meet new people and have fun! A small lunch will be provided. Please sign up in advance at the front desk.

3/23	W	10:30 a.m.	Free	1546.201
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4/27	W	10:30 a.m.	Free	1546.202
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5/18	W	10:30 a.m.	Free	1546.203
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STITCHING FROM THE HEART

Come join our stitching group to help knit or crochet blankets for Medical City Children's Hospital. Every blanket will go to a very sick child. We meet in the multi-purpose room every Tuesday. Donations are encouraged!

3/1-5/31	Tu	11 a.m.	Free	1512.201
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CHAIR YOGA

Chair Yoga's many benefits are attracting the large 'baby boomer' population nationwide. Increase your vitality, strength, flexibility and balance, through a series of postures & breathing techniques all taught with the support & stability of a chair.

Postures are done seated and standing.

Rejuvenate your body, reverse the effects of aging and calm your mind. Pay instructor.

Ongoing	MW	11 a.m.-12 p.m.	\$7
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FIT TO BE A SENIOR

Have you been thinking about using the weight room, but you are not sure how to use the machines? Has your doctor suggested weight training or strengthening? The class is designed for ages 50+. We warm up together, work on weight machines, work on floor exercise, chair exercises, and the cool down. Come join the fun and get strong together.

Ongoing	Tu	9:30-10:30 a.m.	Free
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Fitness & Adult Programs

Fitness and adult programs are for everyone 15 years or older. For any questions about the programs contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov



FREE ORIENTATION

Are you helping or hurting yourself while working out? Let our fitness staff show you the proper way to use the cardio and strength training machines. Please call 972-450-7048 and ask for Justin Pollard.

ADULT HEALTH AND FITNESS FUN WEEK

Come out and join the Athletic Club staff and your fellow members for a fun fitness week. During the week of April 11-15, we will have a wide variety of health and fitness games for you to get fit and have fun at the same time. All of the fitness challenges will have three levels: beginner, intermediate and advanced. Take the "work" out of working out and find out just how fun fitness can be with this new and exciting program. Prizes will be awarded throughout the week. Stop by the Athletic Club to pick up a flyer for more information and a schedule of games. For any questions, call Justin Pollard at 972-450-7048 or email jpollard@addisontx.gov.

Beginner Level Fitness

4/11-4/15	M-F 4-7 p.m.	Free	3726.201
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Intermediate Fitness Level

4/11-4/15	M-F 4-7 p.m.	Free	3726.202
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Advanced Fitness Level

4/1-4/15	M-F 4-7 p.m.	Free	3726.203
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FREE BODY FAT TEST

Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. To learn more about your body fat percentage, have our staff check it using our body fat analyzer or skin fold calipers. Call Justin at 972-450-7048 to set up an appointment.

TRX SUSPENSION TRAINING: BODY BLAST

This is interval training that will work your entire body. This system is used by athletes, military personnel and fitness pros. It builds total body strength, balance, flexibility and core stability for people of all fitness levels. A total body training tool and the cutting-edge training program can give you what you need to take your performance to the next level. All levels are welcome. Contact Mindy Taylor at 469-831-3147. First time free. March 1-May 31, \$20 per one-on-one class

MORNING YOGA

A challenging class for the experienced yoga enthusiast with detailed instruction for new yogis. This class brings breath and body strength together, which you can maintain throughout your lifetime. Bring a mat. Please pay the instructor.

Ongoing	TTh 9:30-10:30 a.m.	\$7
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YOGA FLOW

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind. Please pay the instructor.

Ongoing	TTh 5:45-6:45 p.m.	\$7
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ZEN YOGA

A meditative practice that detoxifies the body physically, emotionally and spiritually, while increasing flexibility. It stimulates metabolism and rejuvenates your body and mind. Find your path to freedom and balance, on and off the mat. Variations are offered for beginners and advanced yogis looking for a new edge.

Ongoing	Su 4-5 p.m.	\$7
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HOMEBUYERS WORKSHOP

Presented by Dallas County Community College Instructors and RE/MAX. You will learn the "Do's & Don'ts" when trying to buy a home. We cover contracts, agency, inspections, financial qualifications and down payment requirements, including zero down options, legal issues, how to make an offer and counter offers, homestead laws, community property laws and much more. Registration is required at least one week prior to each workshop.

3/7	M	7-9 p.m.	Free	3101.201
4/4	M	7-9 p.m.	Free	3101.202
5/2	M	7-9 p.m.	Free	3101.203

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BOOK REVIEW GROUP

Become a member of the Addison Book Review Club. They would love to have you join them. For more information ask our front desk staff or watch the locker room bulletin boards. The group will meet the first Monday of each month at 7:00 p.m. in the second floor conference room. The books we will be reading are as follows:

The Thirteenth Tale by Diane Setterfield

3/7 M 7 p.m. Free 3108.101

The Namesake by Jhumpa Lahiri &

The Diving Bell and the Butterfly by Jean-Dominique Bauby

4/4 M 7 p.m. Free 3108.102

The Zookeeper's Wife by Diane Ackerman

5/2 M 7 p.m. Free 3108.103

TRIATHLON TRAINING

Lead by Registered Dietitian, USA Triathlon and RRCA Certified Coach, Lear Johnson, the Addison Athletic Club's Triathlon training program is designed for entry level to advanced level triathletes. Each eight week section includes training that targets one local triathlon or duathlon race (sprint distance), or one running race. Learn proper form and technique in all sports, follow a periodized schedule, receive custom pacing information and training zones, practice transition skills, and discuss sports nutrition. Stop by the Athletic Club to pick up a flyer with the training schedule. For questions, additional information, or to sign up, contact Coach Lear at: 214-205-1086, coach.lear@gmail.com, or www.ljES.net

HABLO ESPANOL CON SERGIO

Come out and be a part of a Spanish conversational group. This Spanish conversational group is designed to reinforce what you have learned in a Spanish class. It emphasizes oral communication in a variety of topics at an advanced level. Joining this group will broaden your vocabulary as you practice your communication skills in a fun, hands-on environment. Come and turn your raw knowledge into practical speaking. No books, just topics. Requirement: Advanced Spanish Experience. Before enrollment please contact Sergio Soriano 972-916-0905. Please pay instructor.

3/5-3/26 Sa 10 a.m.-12 p.m. \$100 3725.201

4/2-4/30 Sa 10 a.m.-12 p.m. \$100 3725.202

5/7-5/28 Sa 10 a.m.-12 p.m. \$100 3725.203

GETTING FIT TOGETHER

Getting Fit Together (GFT) is a social support group for people who wish to gain health benefits from proper diet and exercise, especially those who struggle with weight management. Studies indicate a link between support networks and the achievement of long term fitness goals. Join together with your neighbors for a more successful personal program!

One night a week, participants of Getting Fit Together will benefit from sharing their experiences, as well as hearing from experts in fitness, nutrition, and behavior modification. We will discuss the physical, mental, and emotional aspects of changing the way we eat and live.

This is no diet or 12-Step program. You can be on any weight loss program and participate by sharing insights and encouragement in a welcoming atmosphere. There are no weigh-ins, no eating plans, and nothing to purchase. There is no charge for Addison Athletic Club members.

If you are interested in joining us, please email twilit.tera@gmail.com or call 214.674.1334.

3/3-5/26 Th 7-8:30 p.m. Free 3725.201

KINECT & Wii SATURDAYS

Come out and jump into the social adventure of a lifetime, as we invite everyone to experience the "(Xbox) Kinect (Nintendo) Wii Adventures" challenge. Sign up in advanced to play.

3/5 Sa 9 a.m.-2 p.m. Free 3724.201

4/2 Sa 9 a.m.-2 p.m. Free 3724.202

4/30 Sa 9 a.m.-2 p.m. Free 3724.203

5/28 Sa 9 a.m.-2 p.m. Free 3724.204

TENNIS PROGRAMS

David Scott is certified at the highest level by both the United States Professional Tennis Association and the Professional Tennis Registry. He has over 28 years experience competing and over 14 years experience coaching players of all levels. He is available for private lessons. As a USRSA Master Racquet Technician, David provides complete racquet servicing for all your stringing needs.

To attend tennis lessons you must be an Athletic Club member and register and pay David Scott with cash or check only. For any questions call David Scott the Tennis Instructor 214-850-7697

You may register for all classes beginning Monday, February 21, 2011. Spring session will run from Tuesday, March 1, 2011 through Tuesday, May 31, 2011. Please register in advance for all activities unless otherwise noted.

Kidscene

Kidscene programs are our children's programs.

For any questions about the programs contact Michelle Holland at 972-450-7048 or mholland@addisontx.gov



EASTER EGGSTRAVAGANZA

Come join friends and neighbors for the annual Easter egg hunt. Grab your Easter baskets and hop down to Les Lacs Park located across from the Addison Athletic Club. There will be refreshments, hundreds of eggs, a petting zoo, prizes, and a special visit from the Easter Bunny. Don't miss out on all the fun!

4/16	Sa	10 a.m.	The hunt begins	Free
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FRISCO ROUGH RIDERS BASEBALL GAME

Come watch the Frisco Rough Riders at the Dr Pepper Ballpark. This will be a non-stop entertainment night with the Frisco Rough Riders. Enjoy a free ball cap! We will also enjoy the fire-work display after the game. Transportation will be provided.

5/27	F	5:45 p.m.	\$15*	1553.201
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*Fee includes ticket and transportation. Food expenses are separate.

SPRING BREAK CAMP

(Registration began Saturday, February 19)

This will be an all day camp filled with many fun activities such as Arts and Crafts, gym time and a field trip planned for each day. Experience Spring Break Addison style and have a blast all week with friends. Field trips are subject to change. Only 10 spaces available per day. Ages 6-12

3/14	M	8 a.m.-5 p.m.	\$25	5305.201
3/15	Tu	8 a.m.-5 p.m.	\$25	5305.202
3/16	W	8 a.m.-5 p.m.	\$25	5305.203
3/17	Th	8 a.m.-5 p.m.	\$25	5305.204
3/18	F	8 a.m.-5 p.m.	\$25	5305.205

SUMMER CAMP

(Registration begins Saturday, March 26 at 8 a.m.)

This will be an all day camp filled with many fun activities to experience. The campers will work on sports and games in the mornings. Arts and crafts, swimming, educational activities and much more will take place in the afternoons. A field trip is scheduled every Friday. Campers must bring a sack lunch, swimsuit and sun screen every day. Only 25 spaces are available. Ages 6-12

6/6-10	M-F	7:30 a.m.-6 p.m.	\$125	5305.301
6/13-17	M-F	7:30 a.m.-6 p.m.	\$125	5305.302
6/20-24	M-F	7:30 a.m.-6 p.m.	\$125	5305.303
6/27-7/1	M-F	7:30 a.m.-6 p.m.	\$125	5305.304
7/5-8*	Tu-F	7:30 a.m.-6 p.m.	\$100	5305.305
7/11-15	M-F	7:30 a.m.-6 p.m.	\$125	5305.306
7/18-22	M-F	7:30 a.m.-6 p.m.	\$125	5305.307
7/25-29	M-F	7:30 a.m.-6 p.m.	\$125	5305.308
8/1-5	M-F	7:30 a.m.-6 p.m.	\$125	5305.309
8/8-12	M-F	7:30 a.m.-6 p.m.	\$125	5305.310

*Closed on 7/4 for 4th of July Holiday

SILLY BANDZ SWAP SATURDAY

Line your arms with Silly Bandz and come to the Addison Athletic Club! Have a chance to trade with other kids in the area or simply show off your collection. Every pre-registered child will receive a free bag of the fun rubber-shaped bracelets! Children under 14 must be accompanied by a legal guardian. Ages 5 and Up

3/26	Sa	1-2 p.m.	Free	5355.201
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Wii WEEKEND

We are breaking out all the video games and you are invited to put your gaming skills to use at Wii Weekend. Join us for an afternoon of Guitar Hero, Band Hero, Nintendo Wii Sports along with the New XBOX 360 Kinect! Ages 8-15

5/14	Sa	1 p.m.-3 pm	Free	5444.201
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KIDS LUNCH BUNCH

MOMs, have some free time during lunch time! Have your child bring a sacked lunch and leave them with us for an afternoon filled of gym activities, arts and crafts, movie time, and much more. Limited space is available. Child must be potty trained to enroll in this activity. Ages 3-5

3/11	F	12-3 p.m.	\$5	5357.201
3/30	W	12-3 p.m.	\$5	5357.202
5/17	Tu	12-3 p.m.	\$5	5357.203

KID'S NIGHT OUT

Come let the little ones enjoy a special night filled with fun and laughter while you have an evening out! We have a whole night filled with arts and crafts, games, movie, and a special snack. Please make the front desk aware of any allergies your child may have. Child must be potty trained to enroll in the event. Ages 3-5

5/13	F	6:30-9 p.m.	\$5	5301.201
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FRIDAY NIGHT MADNESS

Calling all PRE-Teens! Friday night comes alive at the Addison Athletic Club. Activities include swimming in the indoor heated pool, pizza, movies, gym time and a chance to compete against the Nintendo Wii and XBOX 360 Kinect. Please make the front desk aware of any allergies your child may have. Ages 6-12

3/25	F	6:30-9 p.m.	\$5	5402.201
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FRIDAY NITE IN

This is a night for kids of all ages to come and have fun! The older children will enjoy swim time, while the little ones do arts and crafts (subject to change). Afterwards, we will come together to watch a movie and eat pizza, as well as play in the gym. Space is limited to 30. Please make the front desk aware of any allergies your child may have. Child must be potty trained to enroll in this activity. Ages 3-12

4/1	F	6:30-9 p.m.	\$5	5345.201
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PRESCHOOL FRIENDS

Join the fun and make new friends! Learn the ABC's, 123's, music, games, and art together. The goal of this program is to give children a fun environment, so they can experience and learn new things with their own age group. Each class will have a new and exciting theme to keep your children interested. Child must be potty trained to enroll. Ages 3-5

4/6-5/25*	W	10:30 a.m.-12 p.m.	\$35	5313.201
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*No class on 5/4

You may register for all classes beginning Monday, February 21,2011. Spring session will run from Tuesday, March 1, 2011 through Tuesday, May 31,2011. Please register in advance for all activities unless otherwise noted.

PETITE CHEFS

Join us for an exciting cooking program for kids! Participants can create their own culinary delight to bring home and enjoy. Petite Chefs will learn cooking basics and ways to express their creativity in the kitchen. Space is limited to 8 students. Price includes cooking ingredients and a personal apron. Please make the front desk aware of any allergies your child may have. Ages 4-11

4/5-4/26	Tu	4:30-6 p.m.	\$40*	5350.201
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* Fee includes instructor and cooking supply fees. Please make checks payable to Minok Suh and give to the front desk staff to reserve spot.

PETITE PASTRY CHEFS

Learn the basic of making sweet treats as well as learning to decorate cakes, cookies and cupcakes. These lessons will help you learn to add decor to any cakes and desserts. Plus take your projects home to share with family and friends. Ages 4-11

4/7-4/28	Th	4:30-6 p.m.	\$40*	5357.201
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* Fee includes instructor and cooking supply fees. Please make checks payable to Minok Suh and give to the front desk staff to reserve spot.

TWINKLE TOES (Tap/Ballet Combo)

Come and join the fun as we head into the spring season! Children will enjoy learning the basics of Tap and Ballet in this combination class. Don't miss out on the fun! Please pay the instructor and register in advance. Tuition is due the first day of class. *Parent Visitation last day of class.

Ages 2 ½ -3

3/4-5/27*	F	5:30-6:15 p.m.	\$110	5328.201
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DAZZLING DANCERS (Tap/ Ballet Combo)

Have your little one get into Ms. Krista's Lil' Dancers class. Dancers will enjoy learning the basics of tap and ballet while having fun at the same time and meeting new friends. Proper dance attire is required. Please pay the instructor and register in advance. Tuition is due the first day of class. *Parent Visitation last day of class. Ages 4-6

3/4-5/27*	F	6:15-7 p.m.	\$110	5327.201
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METRO FIT KIDS

One hour class designed to get kids moving and active while having fun and increasing their cardio endurance. Metro Fit Kids program is ideal for all children and will incorporate basic aerobic exercises as well as physical activities and playful competition to get their hearts pumping and interests engaged. Please check out www.metromomfitness.com for more information. Ages 6 -12

3/1-3/29	Tu	4-5 p.m.	\$30*	5355.201
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4/5-4/26	Tu	4-5 p.m.	\$25*	5355.202
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5/3-5/31	Tu	4-5 p.m.	\$30*	5355.203
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*Fee includes Clif Kids ZBar health snack. Please make checks payable to Metro Moms Fitness and give to the front desk staff to reserve spot.

METRO LITTLE YOGIS

One-hour class for children that blends basic yoga techniques with traditional stretching exercises. By incorporating meditation and relaxation into this program, children can develop better body awareness, self-control, flexibility and coordination to prepare them for battling the everyday stress and pressure they face from school, family-life and other extracurricular events. Please check out www.metromomfitness.com for more information. Ages 6 -12

3/3-3/31	Th	4-5 p.m.	\$30*	5356.201
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4/7-4/28	Th	4-5 p.m.	\$25*	5356.202
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5/5-5/26	Th	4-5 p.m.	\$25*	5356.202
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*Fee includes Clif Kids ZBar health snack. Please make checks payable to Metro Moms Fitness and give to the front desk staff to reserve spot.

JUNIOR TENNIS AT ADDISON ATHLETIC CLUB

Please contact Matthew Campbell for more information regarding classes and private lessons. Matthew Campbell is a certified tennis professional with the United States Professional Tennis Association. Ask about private lessons or semi-private groups at mattcampstennis@gmail.com or call 325-428-9507.

AQUATICS LEVEL 1 - 2

Throughout the two levels of swim lessons children are taught basic aquatic safety and survival skills. They are also encouraged to gain greater independence and increase their comfort level in and around the water. As in all swimming and water safety courses, your child will always know that it's water safety first. Please arrive 15 minutes before class.

Ages 4-12

Free Swim Assessment For All Ages

2/28	M	6 p.m.
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LEVEL 1

3/7-3/30	M W	6-6:30 p.m.	\$156*	5206.201
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4/4-4/27	M W	6-6:30 p.m.	\$156*	5206.202
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5/2-5/25	M W	6-6:30 p.m.	\$156*	5206.203
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LEVEL 2

3/7-3/30	M W	6:30-7 p.m.	\$156*	5207.201
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4/4-4/27	M W	6:30-7 p.m.	\$156*	5207.202
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5/2-5/25	M W	6:30-7 p.m.	\$156*	5207.203
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*Please make checks payable to Sherry May and give to the front desk staff to reserve spot.

Private and semi-private lessons are available. (Private lessons \$25.00 & Semi-private \$20.00) All ages
Contact: Sherry May at 214-542-7578, sherry.may@sbcglobal.net. Experienced with autism & special needs of mentally & physically disabled of all ages.

You may register for all classes beginning Monday, February 21, 2011. Spring session will run from Tuesday, March 1, 2011 through Tuesday, May 31, 2011. Please register in advance for all activities unless otherwise noted.

Spring Aerobics

Payment options

Option 1 - \$75.00 3 month session

If you are planning on taking three or more classes per week, this is the best deal. Attending class three times a week during the three month session will reduce your cost to just over \$2.00 per class.

Option 2 - \$40.00 15 punch passes

If you can't make it to class on a consistent basis, a punch pass may be the way to go. For \$40.00 you get 15 classes. The punch pass is good for six months from date of purchase.

Option 3 - \$4.00 Drop-in

Not sure you want to take a full session of aerobics? Take one class for \$4.00 to see if you like it.

On any option residents 50 years of age and over pay half price.

WATER TRIM

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, upper body and abdominal strengthening. Exercise technique will be emphasized.

SATURDAY H2O

Take one of your weekly aerobic exercise routines in the water! This class combines cardiovascular conditioning and muscle strengthening in the water. Aqua dumbbells noodles and kickboards are used to enhance the strength component of the class, while the water lowers the impact.

RISE AND SHINE YOGA STRETCH

This class is a great way to wake up your body. Basic yoga stretch moves will get your day started right. This class is great for your mind and body.

TOTAL BODY CIRCUIT

This class offers muscle toning and cardiovascular conditioning, as well as, various techniques to improve your physical endurance.

EXTRA! EXTRA!

Join in Saturday morning for toning and heart racing interval training. This is the class you have been looking for to even out your workout schedule.

NO EXCUSES

The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

STRENGTH AND CARDIO TRAINING

The class gives participants a variety of exercises. Exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. This is a great class if you are looking for a little variety in your workout routine.

ZUMBA

Zumba fuses Latin rhythms and easy to follow moves to create a dynamic cardio fitness program! Zumba will help you achieve long term health benefits, while experiencing the latest Hollywood craze. Zumba gets you shaking, while redefining your core, hips and thighs into one exhilarating hour of caloric burn.

SPINNING CLASS

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Trim	9:15-10:15 a.m.		9:15-10:15 a.m.		9:15-10:15 a.m.	
Saturday H ₂ O						9:00-10:00 a.m.
Rise & Shine Yoga Stretch	8:15-9:15 a.m.		8:15-9:15 a.m.		8:15-9:15 a.m.	
Total Body Circuit	9:30-10:45 a.m.		9:30-10:45 a.m.		9:30-10:45 a.m.	
Extra! Extra!						9:00-10:30 a.m.
No Excuses	6:00-7:00 p.m.		6:00-7:00 p.m.			
Strength & Cardio	7:00-8:00 p.m.		7:00-8:00 p.m.			
Zumba		7:00-8:00 p.m.				
Spinning Class	6:30-7:30 a.m.	12:30-1:30 p.m.		12:30-1:30 p.m.	6:30-7:30 a.m.	

You may register for all classes beginning Monday, February 21, 2011. Spring session will run from Tuesday, March 1, 2011 through Tuesday, May 31, 2011. Please register in advance for all activities unless otherwise noted.

Athletic Club Information

RACQUETBALL COURT RESERVATIONS:

Racquetball court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour beginning on the hour, and two names are required to reserve a court. No back-to-back reservations will be taken. Courts are available on a first come, first serve basis when there are no reservations.

TENNIS COURT RESERVATIONS:

Tennis court reservations are available up to 3 days in advance by calling 972-450-7048. Please call before noon for same-day reservations. Reservations are for one hour and a half, and two names are required to reserve the court. No back-to-back reservations will be taken. The court is available on a first come, first serve basis when there is no reservation. Check-in at the front desk is required.

GYM ACTIVITIES:

Come inside for some friendly basketball or volleyball competition. Pick up games are always in motion. Everyone is welcome.

Gym schedule is as follows:

Full Court Basketball: Monday - Wednesday 6:00 - 8:00 p.m.

Open Gym: Thursday & Sunday (Volleyball net set up upon request.)

Congratulations Platinum Members

Members with 2000 visits to the club since 2001

B.L. Brady

Gold Members

Members with 1000 visits to the club since 2001

Mike Cheyney

Randy Rogers

Krishna Babu

Louis Antos

Mary Carpenter

Ann Martin

Ashvin Admal

Tom Morgensen

Neil Hewitt

Norma Flores

Irvin Kerber

Al Gagneaux

Yvette Hernandez

Personal Trainers

Personal trainers are available to help you create a practical fitness schedule that's tailored for you. All personal trainers are contracted and have professional certifications through nationally recognized organizations. For more information, contact the individual trainer, or call 972-450-7048.

Adam Alexander



Adam is available for appointments 7 days a week.

Your first visit is a

free 30 minute session to assess your fitness level and discuss your goals. Whether your goals include getting in shape, losing weight, increasing strength, improving flexibility or combating the effects of bone density loss, Adam can design a program to help meet your goals while avoiding injury. To set up an appointment call Adam at 972-741-2123. His fee is \$55 per session. Adam is certified through Cooper's Institute for Aerobics Research.

Autumn Allan



Autumn is available for sessions Monday - Friday 6:45 a.m. - 1:00 p.m., and Saturdays 9:00 a.m.

to 11:30 a.m. Programs are designed specific to your physical fitness and nutrition goals. Plus, Benchmark clients have exclusive use of the PowerTower™ and the BodyBugg™. Periodic blood pressure, weight, and body composition checks are taken. Autumn focuses on motivation and discipline, as well as making fitness fun, interesting, and most importantly, A LIFESTYLE! Gift certificates are also available. Contact Autumn at 214-794-3444 or benchmarkfitness@sbcglobal.net for an appointment. Autumn's fees are \$60 per session, 10 for \$500, or 20 for \$900. Autumn is a certified Health and Fitness Instructor with the American College of Sports Medicine.

Glenn Jones



Glenn trains with a special emphasis on helping people to understand how to walk into a gym and not be intimidated. Glenn

believes keeping fitness simple. He teaches the basic principals of weight training, aerobics and nutrition. He can show you how to stay healthy and in shape, and still have a real life outside of the gym. He invites everyone to at least try personal training and would like to offer a Money Back Guarantee. You will have nothing to lose, and a whole lot to gain. Just taking that small step will put you on the path to better health. Sessions can include training in the gym, your kitchen, grocery shopping, eating healthy while in a restaurant, or fitness by phone. Call for individual rates, couples or special discounted fees. He is available for appointments during the week and on weekends. Glenn is certified through Cooper's Institute for Aerobics Research. To set up an appointment, call 214-325-2495 or glenn@thefitnessgame.com

Veronika Reed



is a former NCAA track and field hurdles runner. Among her accomplishments are

multiple Slovak National Championship titles. Veronika has two certifications through Cooper's Institute for Aerobics Research, in personal training and bio-mechanics. Veronika's solid foundation of balance, flexibility, power, speed and agility are essential for creating workouts suitable for anyone looking to stay fit and healthy. Veronika has a sincere desire for you to enjoy your time while exercising. Her workouts are tailored to her clients' needs, motivations and goals. If you are ready to discover endless benefits of a healthy lifestyle, contact Veronika at 251-458-6124 or veronikafitness@gmail.com

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TOWN OF ADDISON
RECREATION DEPARTMENT
P.O. BOX 9010
ADDISON, TEXAS 75001-9010

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ADDISON, TX



Addison City Council

Back row: Blake W. Clemens , Mayor Joe Chow,
Don R. Daseke, Roger S. Mellow
Front row: Kimberly Lay, Neil Resnik, Bianca R. Noble

Addison Green 

Find out more about our
sustainability commitment at

www.addisongreen.info

Addison!® Special Events

OUT OF THE LOOP
FRINGE FESTIVAL
March 3 - 13

WALK MS
April 2

WELLNESS EXPO
April 16 - 17

ADDISON COMMUNITY
GARAGE SALE
May 1

TASTE ADDISON
May 20-22

visit www.addisontexas.net
for more information